

MOMS: Be Sure to Take Care of Yourself, Too!

Having a new baby at home is a busy and challenging time, and every mother deserves support. Many women feel sad and weepy for a few days after they give birth, but some women may have postpartum depression. During the year after they have a baby, they may feel very sad or worried for weeks at a time, or feel like they just can't take care of the baby. The good news is that postpartum depression can be treated.

Here are some signs to watch for:



Developed by JSI for the Healthy Start EPIC Center

Feeling Sad?

Feel sad and cry on most days

Feel like a failure as a mom

Feel like staying in bed, don't eat like usual

Don't feel like being with the baby

Using alcohol or drugs

Lose interest in things you like to do

Feeling Worried?

Have an attack of anxiety that you feel in your body

Feel that your mind gets stuck on scary thoughts

Check things you do over and over again

Worry all the time that something bad will happen to the baby

Frightening Thoughts?

Have a lot of extra energy and don't need to sleep or rest

Start to do unusual things, have big mood swings or feel confused

Hear voices in your mind or feel like you are receiving special messages



If you have any of these signs, or your family is worried about you, **it's important to let someone know**—like your doctor or nurse or your Healthy Start worker. There is help and treatment available that can make you feel better!

IMPORTANT PHONE NUMBERS:

My Healthy Start worker: _____

My health center/clinic: _____

My doctor/nurse: _____

Local helpline: _____

**If you have thoughts of hurting yourself or the baby, don't wait!
Call 911 for immediate help or go to the nearest Emergency Room.**